



It's All About Families

WIC Family Centered Education (FCE)

March 2003 Newsletter

FCE Above & Beyond ... the Classroom

Books to Lend-Many agencies formed partnerships with local libraries to have on site WIC libraries. A few examples:

- **Salinas Library established a Lending Library at Monterey County WIC**
- **Reading on the Road at San Mateo County WIC Program**
- **Book Exchange Program at Northeast Valley (who also got a grant from Starbucks Basic Literacy Grant Program)**

Snacking on Books-waiting rooms can be a place for learning too.

- **Riverside County WIC** collaborated with Prop 10 Childcare Nutristep program during National Literacy Day. Staff from the collaboration read "The Very Hungry Caterpillar" to children in WIC Waiting Rooms and helped the children make (you guessed it) caterpillar snacks.

Links to FCE Resources

Dannon Institute-*Celebrate Healthy Eating*:

Dannon's web site offers parents and educators with resources for nutrition education for preschool children. The focus is on eating healthy and tasting new foods at an early age.

The Celebrate Healthy Eating curriculum was developed by Penn State Nutrition Center in partnership with Scholastic. Take a look at this wonderful compilation of downloadable posters, flyers, and nutrition related activities about milk, fruits and vegetables, grains, and breakfast.

Many of these could be used for our current FCE classes or to develop new ones.

www.celebratehealthyeating.org/index.cfm

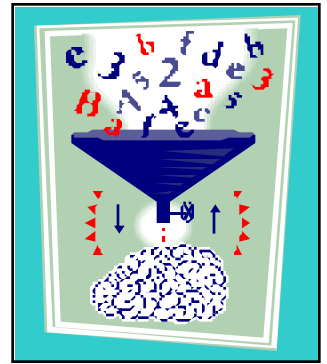
Reader's Corner

Check out some new (and old favorites) nutrition picture books at the Team Nutrition Reader's Corner.

www.fns.usda.gov/tn/Students/Fun/Readers/index.html

Please contact us any time!
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Brain Facts



Babies are born with 100 billion brain cells and almost no neural connections. By age three, a baby's brain has formed about 1,000 trillion connections-about twice as many as adults have.

Brain activity in children ages three to ten is more than twice that of adults, and although new synapses continue to be formed throughout life, "never again will the brain be able to master new skills so readily or rebound from setbacks so easily." (Nash)

Experiences do not just influence a child's development, they allow the child to finish the work of building the unfinished brain. Three-quarters of the brain develops outside the womb, in direct relationship with the physical and social environment. Early experiences and interactions do not just create a context for early development and learning, they directly affect the way the brain is wired. (Shore)

The brain is the ultimate example of the saying "use it or lose it!" Connections that are used repeatedly in the early years become permanent; those that are not are eliminated.

Children (and adults) learn best when they can actively make sense of their experience. Effective teaching builds on the experience and knowledge that children bring to school.

Effective teaching enables children to use all their senses and intelligences. Music, drama and arts have been linked to higher achievement in all areas. Physical movement juices up the brain, feeding it nutrients and increasing nerve connections-all of which makes it easier for children to learn.